

Heartbeats

The Official Newsletter of
Heart t' Heart

August-September 2009

A Twelve Step Support Group for the LDS Community

Volume 19 – Issue 8

The Twelve Steps of Heart t' Heart

1. We admitted we were powerless over compulsive/addictive behaviors--that our lives had become unmanageable. (*Mosiah 4:5; Alma 26:12*)
2. Came to believe that a Power greater than ourselves could restore us to sanity. (*Mosiah 4:9; Alma 26:12*)
3. Made the decision to turn our will and our lives over to the care of God as we understood Him. (*2 Ne. 10:24; Omni 1:36; Mosiah 3:19; 2 Nephi 4:34*)
4. Made a searching and fearless moral inventory of ourselves. (*Alma 15:17; Mosiah 4:2; Jacob 4:6-7; Ether 12:27*)
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs. (*Mosiah 26:29; Alma 22:18*)
6. Were entirely ready to have God remove all these defects of character. (*Helaman 3:35; 2 Nephi 31:19; Mosiah 2:20-21*)
7. Humbly asked Him to remove our shortcomings. (*Alma 36:18; Alma 38:8; Moroni 10:32; Mosiah 5:2; Alma 34:15-16*)
8. Made a list of all persons we had harmed and became willing to make amends to them all. (*3 Nephi 12:9, 24, 44-45.*)
9. Made direct amends to such people wherever possible, except when to do so would injure them or others. (*Mosiah 27:35; 3 Nephi 12:25; Mosiah 26:30*)
10. Continued to take personal inventory and when we were wrong promptly admitted it. (*2 Nephi 4:18; 2 Nephi 10:20; Mosiah 26:30*)
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. (*2 Nephi 32:3; Alma 37:37; Helaman 10:4*)
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others still suffering from the effects of compulsive behaviors and to practice these principles in all our affairs. (*Mosiah 27:36-37; Alma 5:7; Moroni 7:3*)

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MY LIFE IN ZION—AS ONE WITH CHRIST IN HEART AND MIND

Wow! I've had such a great morning—so conscious of the Savior's abiding presence in my "midst." So grateful for the rock-solid hope and peace that gives me. So grateful for how far and wide I can see from this "center stake of Zion"—that is always waiting for me to attend to "it" (to Him, His living, indwelling Presence in my heart.) With complete abandon, I sought Him and found Him and remembered His covenant and entered into His rest.

In the last few minutes, I have been tempted to doubt and fear "my" audacity, "my" boldness in the testimony of (from) Him. I shared it with Phil and I was not tempted to be ashamed, but just now—sharing with another dear friend—I was tempted to be ashamed after I hung up. I was assailed with thoughts of, "Too much—you are too much! You said too much! You were overbearing. You were defensive—defending yourself. Shame on you."

And there I recognize the "Accuser," the "Liar," the "Blamer" and "Shaming one,"—Satan. I recognize his influence. His spirit. His tone.

And in heed of Elder Hales recent counsel (April 2009 conference address), I dismiss the enemy. In the Name of Jesus Christ, I dismiss him and return to the testimony of (from) Christ and His invitation and counsel to me to not be ashamed or afraid of bearing testimony of my life in Him—that my life is sealed up unto Him and that I have no hope, no peace, no sanity—except as I center my heart and mind in oneness with His. This is what it means to "have the mind of Christ," and the price extracted for it is the surrender of my separate ego, my pride, my will. I was there, once, and then backed away, being persuaded by the Liar that I was being too presumptuous, too audacious, that I was taking this "coming to Christ" too far, and making too much of it and what it meant to me--and to any who

(My Life in Zion--continued from p. 1)

would believe on my word.

What I am realizing is that the Atonement, once received, is sealed by *His* Holy Spirit of Promise. It is comparable to having become like a conjoined twin with Him--conjoined at the heart and in the mind. It is no longer I that live, but Christ that lives in me, as Paul put it--this is a perfect definition of at-one-ment with Christ..

What I am realizing is that the Atonement, once received, cannot be undone. It is comparable to having become like a conjoined twin with Him--conjoined at the heart and in the mind.

Galatians 2:20 – *I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.*

I see that I am having the lived experience of learning the Spirit of Revelation--learning, specifically, how “consumed in Christ” I must be humble enough to be, and humble enough to admit to myself and even to others that I must be. Otherwise, my life is “stunched,” stopped up, dried up in the very moment there of. I can feel the change in my mind and heart from perfect love (and peace and hope) to fear and mistrust--when *I* let fear distract me from this relationship of oneness with Christ..

I see that there is no other way or means by which to grow into the Spirit of Revelation except by owning and being still in this truth that--I am in Zion, of one heart and mind with the *King* of Zion--and thus, in Him, I am Zion. Just as we often tease, nowadays, and say, “Be the crown,” or “Be the ball,” meaning become as one with, become consumed in the goal, the prize. So it is to be consumed in Christ and His offer of at-one-ment. It is to become *consumed* in Christ. (See Ezra Taft Benson, “Born of God,” *Ensign*, July 1989, p. 2)

Colleen H. □

HEARD AT A HEART t' HEART MEETING

I was blessed to be at our local face-to-face meeting tonight, and as I was planning on writing this article, I made some notes. There is a lot of wisdom shared in our meetings. Here is a sampling, of course, without identifying who said what.

I have been reading HtH literature, but I have put off writing on the questions at the end of the chapters because I wasn't sure I wanted to receive the help that I knew would come from writing.

Boy! I love the honesty at our meetings. How often have I avoided accepting some truth, because I knew it was for my best good. No wonder they use the term “insanity” to describe addiction.

Abstinence is a form of fasting, and therefore a form of worship.

How curious, that abstinence is a gift from God to us, and our accepting it is a gift from us to Him.

I need to praise the Lord for His patience. He and I have been around this mulberry bush several times, and He keeps letting me come back and start again.

I was reminded of the scripture from the *Book of Mormon*: “Yea, as often as my people repent will I forgive them.” What a blessing, for without it, we would all be lost. Maybe we all have different “mulberry bushes” that we keep going around, but the “going around” part we all share. What a blessing the Lord understands, and helps us get out of the circuit.

I want to be able to work my program and live my life without abstinence, but I simply can't.

How true. Abstinence is at the heart of our program, and while coming to know the Savior and putting down the shame of the past in a fellowship

of others who understand where we are coming from, without abstinence we are still just “marking time” or “going around the mulberry bush.” We need to get on with getting on. Now for some more sharing without my crosstalk.

The scriptural version of Step 6 talks about ‘...acknowledging even our own best efforts as unprofitable.’ I wanted to think of my efforts as ‘less profitable,’ but I have to admit that doesn’t go far enough. Complete humility is what is required.

At one time I thought my mental programming was what was keeping me from moving forward in recovery and making changes in my thinking, but I have had an epiphany tonight. I have discovered that what was keeping me from change was my pride.

Satan’s first and greatest commandment was and is, to hide. We can’t get well without honesty about our stuff.

I am an escape-a-holic. Whatever other addictions I have, they can all be filed under that heading, whether they involve lust, food, entertainment, movies, books. Now I need to inventory what it is that I am trying to escape.

I keep coming back to my acting out, thinking ‘Maybe this time it will work out.’ As a friend shared with me on the phone this week, what I am really experiencing is an unwillingness to face the Truth. And of course, the Truth is Jesus Christ.

I recently heard someone define the Savior’s invitation to ‘Take my yoke upon you’ as an invitation to serve others. It works. I find that when I am serving others, I am not lusting.

As a codependent, I constantly worry about what other people think of me. Lately the Lord has taught me that while I am powerless over other peoples’ thoughts about me, I can always turn my thoughts over to the Lord.

Often, when I tell other people my truth, they want to ‘correct’ me, or counter what I have said by telling me their truth. And I’m so flippin’ codependent that if someone says ‘boo’ to me, I want to run and hide—and even turn away from my own truth.

I am so grateful for this fellowship. With so many people seeking the truth about their own lives, I am blessed to hear what they have discovered, or rather what the Lord has revealed to them, and see how it applies in my own life. Thank you, friends.

Phil H. □

THOUGHTS ON ALMA 2

I would like to share some thoughts that came to me as I was capturing from Alma 2:

27 And behold, as they were crossing the river Sidon, the Lamanites and the Amlicites, being as numerous almost, as it were, as the sands of the sea, came upon them to destroy them.

28 Nevertheless, the Nephites being strengthened by the hand of the Lord, having prayed mightily to him that he would deliver them out of the hands of their enemies, therefore the Lord did hear their cries, and did strengthen them, and the Lamanites and the Amlicites did fall before them.

Feeling overwhelmed—especially at weak moments, like when the Nephites were crossing the river, especially when presented with overwhelming numbers, or feeling that the temptations of the moment are overwhelming or more than we can handle, or we are in a situation which makes us feel

vulnerable—feeling overwhelmed is perhaps natural, but only to the natural man.

The numbers of them that are against us are irrelevant when the Lord, and those who are for us, are more.

The Lord is stronger than all of these, and if we face them with him, the numbers arrayed against us or the strength of temptation we face becomes irrelevant. Many or few, large or small, our enemies are nothing compared to the strength of the Lord when we call on him and stand with him. It may require “mighty prayer” (which I guess means very heart-felt?), but it can be done.

Like the story in 2 Kings, chapter 6, the numbers of them that are against us are irrelevant when the Lord, and those who are for us, are more. It is only our natural eyes and the natural man who quails and thinks we'll be overwhelmed.

Scott □

SOME THINGS I'VE LEARNED

I can share some things the Lord has taught me. But they may not help you much since they were for me and not (necessarily) for anyone else, although the principles involved would bless anyone's life, I think.

We must moderate our expectations vs what the Lord wants to do with us. They may not be aligned!!! The purpose of prayer and communion with Him is not to convince Him to see things our way, but to humble ourselves and find-out, through revelation, what He desires for us to do. There is always a next step. One thing to do. Once we do that, then we are ready for the next thing. What that one thing is will vary from person to person, as we each have distinct struggles, personalities, histories, cultures, influences, intelligence, spiritual maturity, faith, and desire.

There is a reason why the Church organization reveals so much and then seems to go quiet as to the rest of it. This eluded me for over 25 years! The reason why the Church goes silent is because the Lord reserves unto Himself the finishing doctrines and guidance. He is the author and finisher of our faith. He personally administers it unto us. No man or woman comes unto the Father but by Him. This is quite literal, as the brother of Jared found out.

There comes a point in our spiritual maturation where the Lord becomes our one and only Source for answers.

It's true, we have General Authorities and local priesthood leaders that counsel us. But they give counsel only to those under their stewardship, and only (one would hope) as they are guided by the Spirit. Even so, you must also receive, and are entitled to receive, a confirming witness from the Lord Himself, and you are encouraged, even commanded to seek such confirmation.

There comes a point in our lives where the Church simply cannot answer some things for us. Christ ministers these things unto us personally, through the veil, via the Holy Ghost. The Holy Ghost speaks the words of Christ, which are the words of the Father.

When I do not feel that the Lord is meeting my needs, or rendering aid as I would expect - for me - the problem lies with me. Not the Lord. Me!!!

The scriptures have an expression. The "eye of faith":

Ether 12--

19 And there were many whose faith was so exceedingly strong, even before Christ came, who could not be kept from within the veil, but truly saw with their eyes the things which they had beheld with an eye of faith, and they were glad.

29 Then touched he their eyes, saying, According to your faith be it unto you.

Mosiah 18:21 *And he commanded them that there*

should be no contention one with another, but that they should look forward with one eye, having one faith and one baptism, having their hearts knit together in unity and in love one towards another.

Alma 5:15 Do ye exercise faith in the redemption of him who created you? Do you look forward with an eye of faith, and view this mortal body raised in immortality, and this corruption raised in incorruption, to stand before God to be judged according to the deeds which have been done in the mortal body?

Alma 32:40 And thus, if ye will not nourish the word, looking forward with an eye of faith to the fruit thereof, ye can never pluck of the fruit of the tree of life.

This same verse, if stated positively, reads:

40 And thus, if ye will nourish the word, looking forward with an eye of faith to the fruit thereof, ye can pluck of the fruit of the tree of life.

D&C 4:5 And faith, hope, charity and love, with an eye single to the glory of God, qualify him for the work.

One aspect of "looking forward with an eye of faith" is making a conscious choice to 1) Ask for needed blessings 2) Look for the evidence that God is answering.

One person in our fellowship gave an example of a woman who asked about his son. The conversation led him to investigate and then correct a problem with his son's education that would have otherwise caused an unfortunate delay.

What he alluded to is looking at what happened with "an eye of faith" -- in other words, choosing to believe that it was God's hand at work, and not just freak coincidence that he ran into this woman who had knowledge that he needed.

I invite you to do this in your own life. Start now. Review the events of the day up until the time you have read this post. LOOK FOR evidences of the Lord's hand in your life, no matter how small or

coincidental or seemingly of your own intellect, and then GIVE GOD THE CREDIT for it. You can do so without any hesitation because, the fact is, God DID cause it to happen! We can give Him the credit because without Him, we are nothing. We can't draw breath. We can't move. We can't think. We can't do anything unless He powers it. But He does not make us believe in Him or that He is powering it. He allows us to choose to see the situation however we desire to see it. But the reality is, He powers it. So our gratitude is not unfounded. The seeming serendipitous coincidences we experience are not so coincidental.

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This "attitude of gratitude" is not just a feel-good, naive, sunshiny way to live our lives. There is great power in the exercise of this principle!! Gratitude is one of God's marvelous mysteries, hidden in plain sight. Try it. Experiment with it! It will open unto you the answer to the question you are seeking. I promise you it will.

Tom K. □

AMAZED BY GRACIOUSNESS

I find the greatest battles I face are not with temptation. They are with my own stubborn will--my desire to have things my own way--to do what feels good in the moment. And that doesn't just have to do with sexual addiction either.

I find there are a lot of things that distract me from doing the "best" thing I could choose to do. I feel the Lord inviting me to do more writing and publishing, but it is easier to kick back and watch a movie, or stay up late and then I don't have the time in the morning to write (which is my best writing time.)

I am amazed at how gracious the Lord is, though. Every time I do come back to Him and try to do

what He is inviting me to do, I feel blessed. He isn't resentful that I haven't been right there all the time--He just picks up where we left off and helps me as if I hadn't been away. We don't know anyone on this side of the veil who is that patient and forgiving.

I am grateful for this program most of all because it has taught me to know my Lord Jesus and how much He loves me.

Phil H ☐

CAPTURING FROM HDDMFB

I was capturing today from the scriptures for Step 8, Day 2 in HDDMFB:

Mosiah 26--

29 Therefore I say unto you, Go; and whosoever transgresseth against me, him shall ye judge according to the sins which he has committed; and if he confess his sins before thee and me, and repenteth in the sincerity of his heart, him shall ye forgive, and I will forgive him also.

30 Yea, and as often as my people repent will I forgive them their trespasses against me.

How would being willing to actually go and make restitution to all others demonstrate our sincerity?

I was in Sacrament Meeting today thinking about the many people I see each week and how I always struggle with what I think the opinions of certain ones are. Sometimes I think they are judging me, thinking something negative towards me or my children. (Today my 15yr old son was not with me again, he was home asleep and though I believe in letting him make that choice, I certainly feel like there are others who would not let him make that choice.)

I learned many years ago that my thoughts are most certainly judgements towards my brothers and

sisters. I learned this because there was a sister in my ward, once who always seemed to be staring at me and my very wiggly, sometimes noisy children. I felt that she felt that if I couldn't keep them quiet I should just leave, or sit on the back row or something. I came to find out that this dear sister had a glass eye. I sat on the side that she couldn't see out of, so even if she had been staring at me, she wasn't looking. She couldn't see us.

Today the Lord humbled me even more concerning this subject. I had a thought that straightened me. I was once again thinking about what I thought others were thinking of me. In fact, I wished in my heart that I could just hear their thoughts, that would make it so much better, at least I'd know the truth, right? Well, I didn't hear anyone's thoughts per-se, but I was given an equally strong impression that, if I could, I might actually hear loving, supportive and kind thoughts.

The imagination nearly brought me to tears. I realized that while I can't control what other people think, I can control what I'm thinking. And how much more effective it is for me to think kindly of others and to hope for them happiness, than to be wondering if they like me or not. This is charity; it is the love of Christ.

For one brief moment, He gave me a glimpse into His thoughts and they are so benevolent, kind and patient. He cares so much for all of us and does not judge. He sees my tattered shoes and compliments my hair. He asks kindly if my son is okay and if I need anything, He fills my heart with His Spirit and gives me peace and offers forgiveness for all my sins and shortcomings as I partake of the sacrament and as I listen to His voice.

I know that I am weak, but today He gave me a vision of being strong in Him. I hope that I will remember and let Him change my thoughts as well as my heart. I offer this share in His name, even Jesus Christ. amen.

Colleen B. ☐



July-August GSB Contributions

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Editor's Note: Please remember, the opinions shared in Heartbeats are of the person sharing. We hope and pray that you will read, ponder and pray for direct inspiration and counsel from the Lord. Take what you feel confirmed in your own heart concerning the sharing and toss the rest.

Online Meetings

To attend one of the online meetings go to:
<http://www.heart-t-heart2.org/chat>.
 (Note: New address)

All are welcome to attend. If this is your first time, review the information on the regular Heart t' Heart webpage: <http://www.heart-t-heart.org>.

OL-04 – Sunday through Friday: Every morning, 6:30 a.m. – 7:30 a.m. General Focus (MST).

OL-02 – Tuesday, 11:00 a.m. – 12:30 p.m. Mountain Time Zone (USA). General Focus, Book Study: HDDMFB. Open Sharing.

OL-05 – Wednesday, 7:30 p.m. – 8:30 p.m. Mountain Time Zone (USA). Food Focus, Book Study: AA Big Book.

OL-03 – Saturday, 7:00 – 8:30 a.m. Mountain Time Zone (USA). General Focus, Book Study: HDDMFB. Open Sharing.

Phone Meetings

Thursday-11:00 am, MDT
 Sunday-4:00 pm, MDT
 (See website for details)

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We encourage reader contributions to Heartbeats. Ideas for articles:

- 1 In-depth study/analysis of principles found in Steps or Traditions
- 2 Personal experiences with the Steps, Traditions, Tools – how they work in your life
- 3 Capturing from the scriptures, *Big Book* or *He Did Deliver Me From Bondage*
- 4 Open sharing with positive recovery messages
- 5 Program from the Prophets – quotations from modern prophets with a “recovery” message
- 6 Short quotes, thoughts or one-liners

Send articles to:

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